

Inside



■ Looking for a simple, effective fitness program? Learn more about walking in this week's Fit Tips. **B5**

Education

Officer Training School (OTS) – Individuals planning to apply for the August 2009 non-rated board need to contact Ali Scanlon with the Force Development Flight at 449-6363 x228 or e-mail alisha.scanlon@hickam.af.mil by May 17 to set up an appointment for your initial package review.

Commissioning Briefing — This will be held Friday, May 1 at 1 p.m. in Hangar 2, Room 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. Contact the Force Development Flight via e-mail at 15mss.dpe@hickam.af.mil or call 449-6363 to sign-up for the briefing. Plan approximately 1.5 hours for the briefing.

Apply for University of Oklahoma — The University of Oklahoma is accepting applications for Master of Arts in Economics degree program. Add to your credentials with this quality, 32-hour program, which can be completed in 12-16 months. Register now for the Summer Term. Call 449-6364 or e-mail aphickam@ou.edu for more information.

CCAF graduation — Hickam's annual ceremony is scheduled for Friday, May 15 at 10 a.m. at the Officers Club Lanai. Graduates desiring to participate must RSVP by April 24. POC is Timothy Smith at timothy.smith2@hickam.af.mil.

09E5 WAPS testing — Individuals testing for the 09E5 WAPs testing cycle (May 1-June 15) need to reference and understand the Individual Responsibilities outlined in AFI 36-2605, 1.19. Testing is conducted at 7:30 a.m. or 1:30 p.m. in Hangar 2, Rm. 278. Show times are 7:15 a.m. or 1:15 p.m. and the door will close precisely at 7:30 a.m. or 1:30 p.m. NO ELECTRONIC EQUIPMENT (phones, PDAs, electronic watches, etc.) is permitted in the testing room. You must be in military uniform of the day and have a valid military ID card in your possession to test. POC is D.S. Myers at david.myers@hickam.af.mil or 449-6363 x252.

FLY, FIGHT & WOOF!

Members the 15th Security Forces Squadron Military Working Dog Section were out at Saturday's Boy Scouts of America, Aloha Council Annual Oahu Makahiki at Sand Island, along with Navy dogs and Sailors. The Airmen removed their uniforms and 'disguised' themselves as attackers to demonstrate the fast, aggressive response of the canines — impressing the Scouts and attendees.

Photos and design by Jay Parco



WARRIOR of the week

By Chris Aguinaldo
Hickam Kukini editor

HICKAM AIR FORCE BASE — For Team Hickam's Warrior of the Week, joining the Air Force has not only meant serving his country, but also improving as a public speaker.

Senior Airman Douglas Allen Wolf, a lead Defense Travel Administrator in 15 CPTS, says he originally joined three years ago to "serve my country and to feel some type of accomplishment."

But working in the always busy world of customer service, he's "had to develop and work on my public speaking because of all the briefing and trainings I have to do for my job."

He hails from Hartville, Ohio and arrived last summer at Hickam, a great time to discover the Aloha State.

"It seems a lot more laid back" here than a mainland base, he said, "but at the same time this does not affect the mission."

Plus "it is Hawaii and I never thought I would live here," he shared.



Photo by Chris Aguinaldo

Senior Airman Douglas Allen Wolf has a 'positive attitude, high energy and contagious enthusiasm,' said his commander.

Indeed, his dedication to the mission is counted upon by his leaders and fellow Airmen, said Lt. Col. Donald Clocksin, 15th

Comptroller Squadron commander. "Senior Airman Wolf displays a level of maturity, professionalism and technical expertise years ahead of his peers."

"His thorough understanding of his primary duties and his problem solving skills makes him a force multiplier for our squadron," Lt. Col. Clocksin continued.

Senior Airman Wolf "clearly demonstrated his versatility" during the recent Operational Readiness Inspection, said the Squadron commander, as the Airman was "providing outstanding support during the night shift at the PDF line and then coming in on short notice to provide a SORTs update during the day shift."

Being there to support his fellow Airmen is something Senior Airman Wolf takes seriously. "A lot of different people can come together to get a task/mission completed."

Senior Airman Wolf also appreciates the Wingman concept in "knowing that someone will always be there for you and to back you up."

That kind of outlook has made an impression on his commander. "It is his positive attitude, high energy and contagious enthusiasm that caught my attention and has made him such a valuable member of our team," Lt. Col. Clocksin said.

Getting the facts during STD Awareness Month

Submitted by the Hickam
Public Health Clinic

April is Sexually Transmitted Disease (STD) Awareness Month. STDs are a major public health issue in the United States and the military. Left untreated, they can lead to long-term health effects such as Pelvic Inflammatory Disease (PID) in women, a condition that can lead to infertility, ectopic pregnancy, and chronic pelvic pain. In men, untreated STDs can also lead to infertility.

Many people are infected with an STD and don't know it because they do not have any symptoms. The only way to know for sure if you have an STD is to get tested. The following are some important facts about STDs:

- The United States Centers for Disease Control and Prevention (CDC) estimates that there are approximately 19 million new cases of STDs each year, almost half of them among

young people ages 15 to 24. One in four Americans has an STD. Any person who is sexually active is at risk for STD infection.

- Chlamydia is one of the most common STDs. Last year there were more than 4,800 cases in Alaska, one of the highest numbers of cases in the United States. Chlamydia is a bacterial infection that can easily be cured with antibiotics, but it usually occurs without symptoms and goes undiagnosed.

- Gonorrhea is another bacterial infection which can be cured by antibiotics. More than 700,000 people in the U.S. get new gonorrheal infections each year.

- Genital human papillomavirus (HPV) is the most common STD in the U.S. At least 50 percent of sexually active men and women will get genital HPV infection at some point in their lives. There is no cure, but there are treatments available for the health problems it can cause such as genital warts and cervical cancer. A

vaccine is available to protect females against the 4 types of HPV that cause most cervical cancers and genital warts.

- Genital Herpes infection occurs in at least 45 million people ages 12 and older nationwide. Herpes can be transmitted to a sexual partner even when there are no sores present. There is no cure for genital herpes, but there are treatments for the symptoms.

- The best way to avoid transmission of STDs is to abstain from sexual contact, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. Latex condoms, when used consistently and correctly, reduce the risk of getting STDs but are not 100 percent effective.

STDs are preventable and treatable. If you would like to get tested, contact your provider. For more about STDs, call Public Health at 448-6352 or visit www.cdc.gov/std/default.htm.

Inside SERVICES

E-Madness today at club

All Enlisted Airmen are invited for free food, great prizes today, starting at 3:30 p.m. in the Enlisted Club's Molokai room and garden. There will be beverage sampling, games, a DJ and progressive cash drawings for all Members. This event is sponsored by the Enlisted Club Advisory Committee. For more information, call the E' Club at 448-2271.

Enjoy Sunday brunch at the Officers Club

The Hickam Officers Club famed Champagne Brunch is every Sunday from 10 a.m. to 1 p.m. and features an Omelet station, Belgian Waffles, Eggs, Bacon, Sausages, Hash Browns, Carved Beef, Honey Ham, Roasted Lamb, Seafood, Salads, Beverages, Desserts and more. The cost is \$18.95 for adults (\$2 Member's First discount), \$5.95 for children 7-11 years, \$3.75 for children 4-6 years and children 3 and under are free. For reservations, call 448-4608.

Kayak the stress away

Relieve the stress from work by kayaking in Hickam Harbor on Wednesday, April 29 from 5 to 7:30 p.m. This includes kayaking gear and a professional guide. The cost is \$12. Call Outdoor Recreation at 449-5215 to sign-up by April 27.

Go bottom fishing

Try your skills at bringing in the big one and see a wide variety of reef fish when you

go bottom fishing with Outdoor Recreation on Saturday, May 2, from 8 to 11:30 a.m. We'll provide the fishing gear, bait, boat ride and instructions. This trip is great for the beginner as well as the seasoned veteran. The cost is \$35 per person. Call Outdoor Recreation at 449-5215 to sign-up by April 30.

Watch Welterweight action at J.R. Rockers

Watch the World Junior Welterweight Championship Boxing event on Pay-Per-View, Saturday, May 2 at J.R. Rockers. Ricky Hatton vs. Manny Pacquiao are featured in the battle of East and West. The doors open at 2 p.m. and the fight begins at 3 p.m. Receive a discount on advance ticket purchase until May 1, \$13 for Members and \$15 for non-members. The cost is \$20 at the door. For more information, call the E' Club at 448-2271.

Booths available for the Hickam Spring Craft Fair

Crafts Booths are still available for the Annual Spring Craft Fair and Family Fun Day on Saturday, May 2, from 9 a.m. to 3 p.m. at the Arts & Crafts Center. There will be original handmade crafts, gifts for Mother's Day, the 7th Annual Family Dog Show, food, entertainment, pony rides and lots of prizes. The event is open to the public through Kuntz Gate. For more information, call 448-9907, Ext. 101, 102, and 106.

Free 10-minute Golf Lessons

Receive a free 10-minute golf lesson with George Hutchison, PGA at Mamala Bay Golf Course. Lessons are May 3, 17, 24 and 31 from 8 to 10 a.m. To sign-up, email George.hutchison@hickam.af.mil.

Mother's Day brunch tickets going fast

Tickets are going fast for the Mother's Day Brunch, Sunday, May 10 offered at both the Hickam Officers Club and the Enlisted Club. The cost is \$24.95 for adults (\$2 Members First Discount), \$12.50 for ages 7-12 years, \$6.25 for ages 3-6 years and children 2 and under are free. Call 448-4608, Ext. 11 or 15 (O) or 448-2271, Ext. 227 (E) for reservations.

Mother's Day lunch/cruise

Hickam Information, Tickets & Travel invites you to treat your mother to a special Mother's Day lunch cruise on Sunday, May 10 aboard the Star of Honolulu. The two-hour cruise includes a fabulous brunch buffet, crafts and entertainment. Tour includes roundtrip bus transportation and departs at 11 a.m. from Hickam ITT. The cost is \$52 for adults and \$35 for children 3-11 years. Call Information, Tickets & Travel at 448-2295 to make a reservation.

Taste Mongolian BBQ at the Officers Club

The Officers' Club Mongolian BBQ is every Thursday from 5:30 to 8 p.m. for .65 cents per ounce. Call the O' Club at 448-4608.

New glass fusion and microwave kilns at Arts & Crafts Sales Store

Make your own handmade glass items at home with a glass fusion kit and microwave kiln now available for sale at the Hickam Arts & Crafts Sales Store. Small pieces of glass are formed and layered in the pattern of your choice, and placed in the glass fusion kiln that fits right in to your personal microwave. Call 448-9907, Ext. 101.

Be a family child care provider

Our community is in need of more child care providers for infants and toddlers and for children with special needs. Hickam Residents must be licensed if they care for children in their home for more than 10 hours a week and/or on a regular basis. Call Family Child Care at 449-1879 for information.

Experience Japan

Start planning now for a unique and customized tour deep into the cultural heart of Japan from October 19 to 27 with Hickam Information, Tickets & Travel. Create friendships with a local fishing village, interact with school children and bring home memories like no other tour. Tour includes airport transfers, roundtrip air from Honolulu, local area guide, chartered bus, top accommodations with full amenities, daily breakfast and nine additional meals. The cost is \$3,185 per person, based on double occupancy. Price and schedule are subject to change. Call ITT at 448-2295 for reservations.

Hickam AFB 34th Annual Spring Craft Fair & Family Fun Day

**Saturday, May 2
9 a.m. - 3 p.m.
Arts & Crafts Center**

Featuring:

- Original Handmade Crafts
- Gifts for Mother's Day
- 7th Annual Family Dog Show
- Food, Entertainment & Prizes
- Pony Rides

Open to the public through Kuntz Gate

**For more information call
448-9907 x101 x106
www.hickamservices.com**

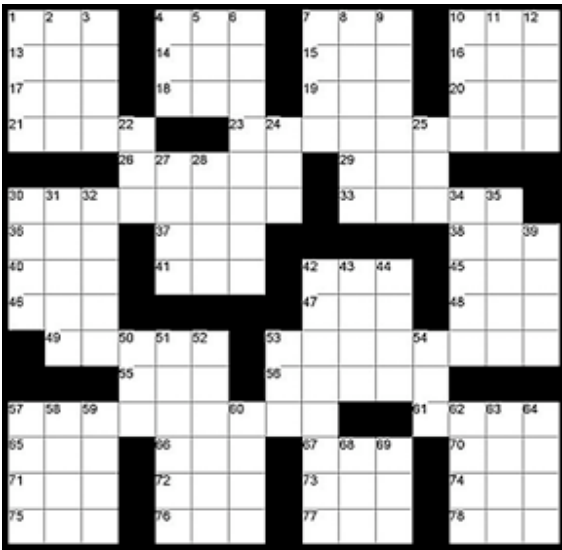
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Combat Support & Community Service

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- AUTOPLEX
- VA Loans Hawaii

No Federal endorsement of sponsors intended.

Crossword Puzzle: SECAFs: Vol. 1



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. SECAF from February 1, 1981 - November 30,1985
- 4. Caspian or Bering
- 7. Dandy
- 10. USAF rank
- 13. Observe
- 14. The Greatest
- 15. Frozen water
- 16. Actress/model Tyler
- 17. Took charge
- 18. Tree
- 19. NJ player
- 20. Pilot with 5+ kills
- 21. Smell
- 23. SECAF from April 24, 1950 - January 20, 1953
- 26. Wading bird
- 29. USAF inspection
- 30. Acting SECAF from December 16, 1988 - April 29, 1989
- 33. Former Russian rulers
- 36. Pub order
- 37. Co. ending?
- 38. Pie _ _ mode
- 40. Aloha gift

- 41. Confederate general
- 42. News source on cable
- 45. Clue
- 46. Resinous substance
- 47. Vote in favor
- 48. USN rank
- 49. SECAF from June 1, 2001 - January 20, 2005
- 53. SECAF from April 8, 1986 - December 16, 1988
- 55. Attila was one
- 56. Music of the 70s
- 57. SECAF from September 18, 1947 - April 24, 1950
- 61. Give a handle
- 65. Lawn
- 66. Road material
- 67. Lump
- 70. Once around the track
- 71. Paddle
- 72. Self-esteem
- 73. Needle part
- 74. Mining lode
- 75. Attempt
- 76. Santa’s coat color
- 77. Cell matter, in brief
- 78. _ _ out a living

DOWN

- 1. Norway’s capital
- 2. SECAF from January 2, 1976 - April 5, 1977
- 3. Accomplish again
- 4. Office symbol of SECAF orgs.
- 5. Giant Manning
- 6. Part of SECAF
- 7. Scandinavian
- 8. Big cat
- 9. SECAF from November 1, 1997 - January 20, 2001
- 10. Long thin, narrow strip of wood
- 11. SECAF from May 1, 1989 - January 20, 1993
- 12. Declare
- 22. Greek letter
- 24. Guesthouse
- 25. Wayne’s World Carrere
- 27. Wickedness
- 28. _ _ Gagnon; Marine cap- tured by Rosenthal’s photo on Iwo Jima
- 30. Shopping place
- 31. Absolve
- 32. Gecko’s insurance
- 34. USAF description for 11Xs and 12Xs
- 35. Throw
- 39. Place in a church
- 42. Engine part
- 43. Beatty and Kelly
- 44. 2002 Liotta movie
- 50. Greek letter
- 51. Orion’s moniker
- 52. Betroth
- 53. Commotion
- 54. Charged atom
- 57. Mail opening
- 58. 365 represents one
- 59. There’s Something About _ _
- 60. Walked a path
- 62. Lotion ingredient
- 63. SECAF from May 18, 1979 - February 9, 1981
- 64. Fencing tool
- 68. Writer Rand
- 69. Golden Girl Arthur

See SOLUTIONS, B5

SUDOKU

For solution, see SUDOKU, B5

6	5			1		9		
		4	6		5			1
			4				6	
3					8	5	4	
				7				
	1	2	9					7
	6				2			
8			7		1	4		
		9		5			1	8

Team Hickam History

The Air Force’s most historic airfield

April 24, 1946 — The 15th Operations Support Squadron is con- stituted as the 15th Communications Squadron, Command.

April 26, 1982 – “The Attic” opens at Hickam Air Force Base to provide household items, furni- ture, and clothing to Air Force personnel in the pay grad of E-4 and below, at no charge.

April 27, 2002 — Vice- President of the People’s Republic of China, Hu Jintao, transits Hickam and is welcomed by Colonel Riggle.

April 28, 1953 — Thirty-five American soldiers arrive at Hickam AFB en route to the mainland from Korea after their release from Communist captivity as prisoners of

war; on April 30, a second group arrived, followed in May by five more “Freedom Airlift” flights. On each occasion, the POW returnees were greeted by dignitaries, present- ed with leis, and entertained by hula dancers.



April 28, 2003 — Headquarters, 15th Air Base Wing, is redesignated as Headquarters, 15th Airlift Wing, and remains assigned to Headquarters, Pacific Air Forces.

April 29, 2003 — The 15th AW plays host to a “Holocaust Remembrance Day” memorial serv- ice at Nelles Chapel. Mr. Seymour Kazimirski, a long-time Hawaii resi- dent and past president of the Hawaii Holocaust Center, was guest speaker.

RELIGIOUS OPPORTUNITIES				
For more information on Base Chapel services , call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.				
CATHOLIC Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	PROTESTANT Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	OTHER RELIGIOUS OPPORTUNITIES Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050	(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	King Hall First Floor Dayroom – Bldg. 1856 - All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas Video games, internet, movies and more To Volunteer, call the Hickam Chapel Center at 449-1754
		RELIGIOUS EDUCATION (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.	THE GATHERING PLACE Airmen's Dorm Coffeehouse	

Jenny

www.jennyspouse.com

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IT'S STRANGE KNOWING THEY'RE GOING TO FINISH PACKING US OUT TOMORROW. THERE ARE SO MANY MEMORIES IN THESE BOXES... AND EVERY PCS CREATES MORE...

HERE'S THE VASE THAT GOT CAUGHT IN THE MIDDLE OF THE GERMAN MOVERS' "LIQUID LUNCH"...

...I HAD TO GLUE IT BACK TOGETHER.

CATCH, GUNTHER!

HERE'S THE INCENSE BURNER WE GOT IN GUAM. THE MOVERS PUT SOMETHING HEAVY ON TOP OF IT...

I GLUED THIS BACK TOGETHER, TOO.

SIGH!... MY WHOLE LIFE IS HELD TOGETHER BY SUPER GLUE!

AT THE MOVIES

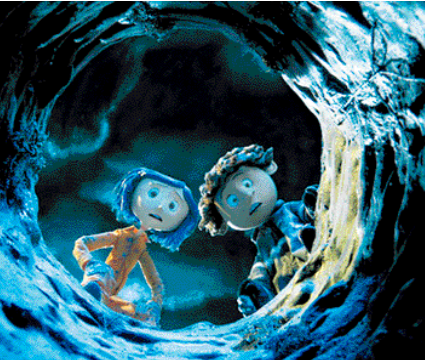
Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Coraline

Coraline walks through a secret door in her new home and discovers an alternate version of her life. On the surface, this parallel reality is eerily similar to her real life, only much better.

But when her adventure turns dangerous, and her counterfeit parents (including Other Mother) try to keep her forever, Coraline must count on her resourcefulness, determination, and bravery to get back home and save her family.

Starring Dakota Fanning and Teri Hatcher.
Rated PG (thematic elements, scary images, language, suggestive humor); 101 min.
Tonight, 6 p.m.; Saturday, 7 p.m.; Wednesday, 7 p.m.



Duplicity

CIA officer Claire Stenwick and MI6 agent Ray Koval have left the world of government intelligence to cash in on the highly profitable cold war raging between two rival multinational corporations.

Their mission? Secure the formula for a product that will bring a fortune to the company that patents it first. For their employers, nothing is out of bounds. But as the stakes rise, the mystery deepens and the tactics get dirtier. As they each try to stay one double-cross ahead, two career loners find their schemes endangered by the only thing they can't cheat their way out of — love.

Rated PG-13 (language, sexual content); 125 min.
Starring Julia Roberts and Clive Owen.
Tonight, 8:30 p.m.; Sunday, 4 p.m.; Thursday, 7 p.m.





FITNESSTIPS

By Tina Mace
Hickam Fitness Center

How many times have you started an exercise program full of gusto and motivation, only to find the desire fizzle out after a few short days?

Often, people start a fitness regime that is so intensive or demanding that they end up feeling too sore to continue.

Others start a diet or exercise program that provides rapid weight loss, but end up quitting because it just isn't sustainable.

The key to finding an effective weight loss program is to choose one that is progressive and can be easily incorporated into your life.

Walking is perhaps the simplest, most effective program available for long term success. Here's one walker's story.

"I was previously a jogger," said Joel Shaw, 15th MSG administrative officer. "However, when I developed osteoarthritis in my knee I was unable to continue."

"Doctors recommended a knee replacement, however, I had started a swimming program which seemed to strengthen the knee so I opted not to have a knee replacement. I then started a walking program as I felt I should do more than just swim as I was only swimming on the weekends."

"Over a period of time it seemed to strengthen the knee. I have been in this program for around 8-9 years and walk on the average of 12-15 miles per week, plus I still swim on the weekends."

Although no equipment is required, walkers benefit from a sturdy pair of walking shoes and a

pedometer. The goal of the program is to walk at least 10,000 steps per day in order to maintain fitness; added steps will help realize weight loss. Since the average persons stride is about 2.5 feet, it only takes 2,000 steps to equal about a mile.

A participant should start off with an evaluation day. Put on your pedometer from the time you wake up until the time you go to bed — even those steps around the house count! A beginner will want to add at least 500 steps a day to their program until they reach the 10,000 mark.

Once a walker hits 10,000 steps a day, they should try to add an additional 2,000 per day. This pattern should continue until one reaches around 20,000 steps per day for maximum weight loss. This gradual progression reduces the risk of injury associated with "too much too soon" and can also provide a motivating factor for those who like the competitive aspect of fitness.

Form is important in any exercise. When walking, keep your head and eyes forward and your shoulders relaxed back and down. Tighten your abdominal muscles and buttocks and fall into a natural stride. Avoid holding weights as you walk as this tends to put unnecessary pressure on the leg joints, ligaments and tendons. Instead, focus on increasing your stride or pace in intervals for maximum caloric burn.

Although this program seems too easy to be true, participants find it successful because it is easily incorporated into everyday life. Airmen can count the steps taken during unit fitness activities, stay at



Photo by Benny Miguel

Joel Shaw, 15th MSG administrative officer, enjoys walking. A former jogger, Shaw started an active walking program after being diagnosed with osteoarthritis in his knee.

home parents can add steps while pushing a stroller, and office workers can start a friendly inter-office competition. A quick search on the Web will provide hundreds of ideas

for those who want variety for a walking treadmill workout.

No matter how you choose to add those steps, this healthy, sustainable program will result in a

happier, healthier you!

Tina Mace holds a BS degree in Health Science as a Health Educator and is a Certified Personal Trainer.

SOLUTIONS, From B3

SUDOKU, From B3

O	R	R		S	E	A		F	O	P		S	R	A	
S	E	E		A	L	I		I	C	E		L	I	V	
L	E	D		F	I	R		N	E	T		A	C	E	
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2	9	4	6	8	5	3	7	1
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3	7	6	1	2	8	5	4	9
9	4	8	5	7	3	1	2	6
5	1	2	9	4	6	8	3	7
4	6	1	8	9	2	7	5	3
8	3	5	7	6	1	4	9	2
7	2	9	3	5	4	6	1	8